



Parks, Recreation and
Neighborhood Services



Spring Into Health

50+ Wellness Festival & Fun Walk

Friday, May 14th, 2010
9:30a.m. - 1:30p.m.
Check in 9 a.m.,
Walk at 10:30 a.m.

Free Admission,
Registration Required
Free lunch to the first 500
registered participants!

San José
History Park
1650 Senter Road,
San Jose, 95112
(VTA Bus Line #73)

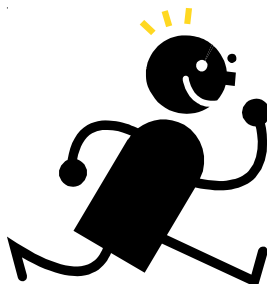
May is National Older American's
Month. Celebrate a healthy and fun
lifestyle with health and fitness
information, demonstrations, screenings,
prizes and a one mile fun walk through
San José History Park.



To register for Spring into Health, fill out a registration form
and drop it off at your local Senior Center or send to the
Office on Aging (OOA):
5730 Chambertin Dr.
San José, Ca 95118

For any questions, please call OOA at 408-979-7915

It is the City of San José's policy to afford all
persons equal opportunity by prohibiting discrimi-
nation on the basis of race, color, religion, sex,
national origin, ancestry, physical or mental
disability, age, sexual orientation, gender identity,
marital status, medical condition (cancer related,
AIDS, HIV) or other non-merit factors. It is also the
City's policy to afford people with disabilities
access to City services, programs and facilities.



Sponsored by:
City of San José
Department of Parks, Recreation
and Neighborhood Services
Office on Aging